
♦ The Volunteer ♦

Saratoga County Retired and Senior Volunteer Program

April/May/June 2016



RSVP receives its funding from the Saratoga Co. Office for the Aging, The Corporation for National and Community Service and the New York State Office for the Aging.



SAVE THE DATE!

Saratoga County Office for the Aging Senior Lunch

Will be held on:

Friday, May 20, 2016

At the City Center

The theme this year is a "Birthday Party"

Please join us for an afternoon of good friends, music, and dancing

Entertainment provided by Diva and the Dirty Boys

Lunch will be served at 12 noon

WE ARE LOOKING FOR VOLUNTEERS TO HELP WITH THIS EVENT

Tickets are available at the Saratoga County Office for the Aging

Call 884-4100 for details

Tickets are \$4.00 each and are non refundable!

HAPPY BIRTHDAY

April

Valerie Clark, Sheila DeSain, Sondra Dutton, Janet Fitzpatrick, Bob Greenson, Kathy Hedgeman

Andrea Kearney, Bernard Lawton, Rita Lewandowski, Karen Lucci, Phyllis Mrozkowski,

Patricia Peck, John Randall, Olive Rice, Betty Ruger, Rita Shapiro, Betty Wimette

May

Lois Anderson, James Becker, Philip Blake, Eiko Bogue, Lawrence Cahrenger, Karen Damico

Joanne Dyer, Louisa Esperti, Deborah Gluckman, Meg Gorman, Ilene Hoag, Kathy Krochina

Lenita LaRouche, Chris O'Hara, Helen Orr, Dinda Paffen, Patricia Preece, Eileen Rea, Elinor Sanger

Betsy Schukis, Joyce Soltis

June

Fred Cady, Joan Esposito, John Gobo, Karen Haese, Kathy Kochem, Ellen Kiehl, Sigrid Koch

Nancy McGrath, Gail Oliphant, Susan Plasberg, Barbara Putnam, Maureen Rampolla, Ann Sheppard

Marylou Simmons, Teresa Smith, Mary Sommers, Joan Sweeney

*Thank you to all of our volunteers and stations!!!!
Your contribution to meet the needs in our community is
invaluable!*

Volunteers Needed

If you are searching for a volunteer opportunity to work with children then RSVP may have a suitable fit for you.

We have volunteer opportunities with....

The Discover Box Program thru the RSVP as volunteer tutors to kindergarden, first or second graders in local schools.

Captain's Youth & Family Services located in Clifton Park has a current need for homework helpers.

The Fisherman's Net Youth Program located in Gansevoort has a current need for homework helpers.

Saratoga Mentoring Program located in Saratoga Springs has a need for mentors to assist children in ages from kindergarden to 12th grade.

Junior Achievement of Northeastern, New York has a need for classroom volunteers ranging in ages from kindergarden to 12th grade.

There are many different ways you can volunteer with the youth of Saratoga County. If you would like to learn more about any of these programs Please contact

RSVP

at

884-4110



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AND
COMMUNITY
★ SERVICE



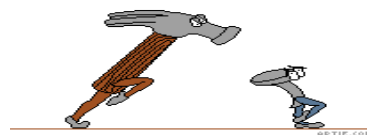
REBUILD TOGETHER SARATOGA COUNTY

Crew Members Needed!!

This non-profit organization brings volunteers and communities together to improve the homes and lives of low-income homeowners. They make repairs to homes of low-income Saratoga County property owners, particularly the elderly and disabled, allowing them to live in warmth, safety and independently while respecting their dignity. There is never a cost to the homeowner.

If you have construction or repair skills, please consider participating in a RTSC crew. The upcoming weekend dates are as follows...

Saturday, April 30, May 7 and May 14
Please call RSVP at 884-4110



Welcome to our newest RSVP members

*Eugene Auciello, Jeanne Auciello, June Beckford
Dawn Desjardins, Donna Bowers, Barbara Dowdell
Patricia Gross, Alice Lissow, Karen Lucci
Sheila Matejek, Iolene Mitchell, Lorraine Munson
Ellen Nash, Chris O'Hara, Gail Oliphant, Ellie Parker
Frank Parker, Teresa Smith, Catherine Szency
Mary Ann Vidulich, Joan Warshaw*

HAPPY ANNIVERSARY

20 years of service

Eleanor Fitzgerald

10 years of service

Mary Ebert

5 years of service

Karen Damico

Gail Read

Midge Reib

Mary Sommers

Janet Haskell, RSVP Project Director, Email jhaskell@saratogacountyny.gov

Community Connections

The Office for the Aging's R.S.V.P. is working with Saratoga Adult and Senior Center to recruit volunteers for their Community Connections Program. This program trains volunteers to provide assistance to seniors in Saratoga County. The mission is to help seniors age in place and maintain an independent lifestyle by providing assistance when needed. The program trains and deploys a volunteer group that can be matched with seniors. Services available include home visits, transportation, shopping, errands and telephone check ins. If you are interested and want to find out more, please contact **Janet Haskell at 884-4110**



URGENT

Drivers for Home Delivered Meals

Help out in your community by delivering hot, nutritious meals to homebound seniors. This could take as little as an hour and be done once a month, bi-weekly or weekly.
Contact Janet at 884-4110

OSTEOBUSTERS

Leaders Needed

An exercise program that combines weight-bearing, muscle strengthening, postural training and balance exercises used to promote strong bones. Weight-bearing exercises put gentle stress on your bones and in response, the body grows new bone tissue. The

RSVP Osteobusters Program is based on these elements and is a great way to maintain or improve your bone health! If interested in becoming a part of leading these classes, contact Janet at 884-4110



Living Healthy

Saratoga County Office for the Aging and Center for Excellence have partnered to offer a 6 week workshop geared towards learning how to better manage your life when living with a chronic condition, such as arthritis, heart disease, osteoporosis or diabetes.

The workshop will be held at

The Malta Community Center located at 1 Bayberry Drive, Malta starting Thursday April 14 at 1:30

If you are interested in learning more about this free program and how to sign up please contact

Janet Haskell at 884-4110

RSVP UNIT
Saratoga County Office for the Aging
152 West High Street
Ballston Spa, NY 12020

RETURN SERVICE REQUESTED

NON-PROFIT ORG
U.S. Postage
P A I D
Ballston Spa, NY 12020
Permit No, 5

Continued VOLUNTEER OPPORTUNITIES

VOLUNTEER TITLE	DUTIES	AREA	DAYS	HOURS
Transportation Assistant	Drive seniors to medical appointments	Saratoga and surrounding areas	Varies	Varies
Home Delivered Meal Drivers	Deliver prepared meals	Surrounding areas	Varies	approximately 10:30 to 1:00
Congregate Assistant	Meal preparation	Surrounding areas	Varies	10:30 to 1:00
Mailing Assistants	Assist with mass mailings	Ballston Spa	Varies	2 hours
Osteo Leader	Lead exercise program	Saratoga	Varies	1 hour